

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What movie have you seen recently
that you would recommend?



"Greatest of all time
storyline (and you get
connected with the char-
acters."

Cassidy Fellen,
2nd year
journalism major

"Hate to hear French
New Orleans. I had full of
action and suspense."

Matthew Henderson,
2nd year
political/science
major



"The Next Day because it
was an eye opener."

Kaitlyn Thompson,
2nd year
business management

"Rock Station because it
was a good movie."

Kyle Wang,
2nd year
information support



"Breaking News like it's
really funny."

Nathan Jensen,
second year
business administration
major

"An American place a cool
paraphrase on a critical
intelligence."

Dean Smith,
second year
information science
major



Share Conestoga, you could be next respondent

FILBERT CARTOONS



Don't forget to write your letter for your birthday gift.



Don't forget to write your letter for your birthday gift.



Don't forget to write your letter for your birthday gift.

Seminar teaches women how to find lasting love

BY MICHELLE HENDERSON

Maybe it's about the wrong people? There you had it with dating? A female empowerment, dating seminar is being held at Conestoga that could help.

Dating coach Christal Clark held her last workshop at Conestoga on Sept. 22. It was a seminar on how she's back with another seminar on Nov. 19 from 1 to 5 p.m.

The seminar will give women a clear understanding of human behaviour as they can apply it to dating. But it's also about confidence and self-esteem as you can take it and go out into the world.

Attendees will learn about Clark's seven steps to fast, get intimate love, grounding, clearly communicate, but can receive, discovery, intimacy and love.

Through these steps, they will learn how to meet "The one" and why it hasn't happened yet.

Throughout the seminar, there will be a series of exercises like of these exercises to make a list of what you're looking for in a partner. This is part of step three: clarity.

"If you're not clear, he could be right in front of you but it goes out about an what you want, you're not going to realize that that's the guy for you," Clark said.

Mothers who buy tickets are encouraged to bring their daughters with them for free. Clark said her current and was in her 30s and up but she wants to reach out to a younger audience.

Clark said the feedback has been positive. She's had people come up and say "I wish I would have known this sooner" and "I thought you were a value expert."

Clark said she attended one of Clark's seminars and has kept in touch since then. Clark had positive things to say about the seminar.

"The message that resonated of with me was getting the self-confidence and respect that you don't date the wrong kind of guy in someone who is not right for you," she said.

Clark added that the one concept of the seminar was very supportive and friendly.

"I would definitely recommend it to other women who are trying to find the right partner or someone who is

just looking for someone with confidence in their life and relationships," she said.

The seminar will also feature guest speaker David Orpin, vice president of sales for Nutrition Inc.

He will be talking about people's relationship with food, what he calls "one of the most intimate relationships we can have and how following some simple personal principles can enhance your energy, mood, self-confidence and even relieve symptoms of anxiety and depression."

Looking good, being healthy, the confidence helps too, he said.

Following the night, Clark will provide proper nutritional balance, making it easier to cope with stress, providing more energy and resulting in an overall body sensation.

"All of these results are being the best you that you can be," he said.

"I believe that to find love you need to have yourself first and then the optimal self concept, internally as the first step in this journey."

Tickets are \$28 and are available at www.conestoga.ca/seminar.

THE MONSTER MAN RETURNS TO ELORA



Photo by Thomas Gaudet

Tom Muttons is an original character from England but now has in their 30th year. He makes the costumes and puts them around downtown Elora. He's been doing this for 27 years. For video story go to www.apocalypse.com

Who are we?

BY HARLAN WINTERDALE

In the ongoing debate surrounding immigration, perhaps there is the temporary question of "Who are we?" We should ask:

In recent weeks, Conservative Leader Stephen Harper attacked a panel with Canadian citizens by asking that people be licensed for public services and those taking obtaining citizenship oaths.

Non-Muslim Canadians are also weighing in, arguing that the oaths could be used by terrorists, and not just by Muslims, who are among it as a demonstration of their religious beliefs and a way for citizens to be united.

As Canadians, we define ourselves as multicultural. It is the one characteristic that Canadians can agree upon to define our culture—that we have more than one dominant history, race and your kind, Tim Hortons.

We pride ourselves on being different from those with whom we share a border, we are more worldly and more complex.

We wonder if the United States for being a melting pot, taking all minorities and throwing them into one oil barrel with a universal font.

Multiculturalism by Canadian definition is the equal celebration of racial, religious and cultural backgrounds. However, the theory may be better executed than the action.

According to Statistics Canada 2001 data, we have over 300 ethnic groups in Canada making up 31.1 million people, just over two thirds of Canadian population.

Totally, the 2001 statistics reflect with one another? Do we fit an immigrant? Toronto, for example, is one of the most multicultural cities in Canada, yet many of those immigrants live in Chinatown, Little Italy and so on. As proudly the multicultural may be the first generation to celebrate their immigration.

According to Statistics Canada they've grown up alongside the highest number of visible minorities. Canadian over 20—35 per cent. Can this complexity be attributed to an understanding of its own culture? Immigration Analysis found a second highest number for Canadians—31 per cent don't affiliate themselves with any religion.

But, what does the millions of human beings contribute to the multiculturalism? Are millions finally able to make Canada a true multicultural country or are they sleep where we've taught speech from the beginning?

The real question is: in the course of life people a step forward or backward as a country and culture?

The writer herein represents the position of the newspaper, not necessarily the author.

Letters are welcome

Opinion letters written to the editor for publication should be signed and include the name and telephone number of the writer. Writers will be contacted by the editor for clarification. No unsigned letters will be published. Letters should be no longer

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Stephen Harper's opinion no longer matters.

Teachers desperate for attention



Chris Huxley
Opinion

When unions first came up to defend workers' rights in the second half of the 19th century they had a significant and meaningful role in Canadian society. They fought the law rights of workers and ensured the proper way of the middle class for decades to come.

But today unions seem to cause more trouble than they're worth. The most recent example of this is the ongoing teacher's union dispute in Ontario.

Ontario has been consumed by talks between the Ontario Public School Boards Association (OPSBA) and the Elementary Teachers' Federation of Ontario (ETFO). The teachers are one major by-product wages and working conditions and the association is focused on a retirement similar to the one currently in place with the Catholic and high schools.

On Oct. 14, 2002, published a news release informing the public that the association and the ETFO had been able to resolve the majority of the issues that were disputed. The release was concise

and informative. It gave the public a brief update on the progress of the bargaining process with the ETFO and members in the release were there to know what the status of the union.

And yet, on the same day the teachers released their own statement to the public, saying it was a media event and that it was "another example of bad faith bargaining."

In an article in the Waterloo Region News, Michael Huxley, president of the school boards association, said the move was intended to "inform the public on the progress made in negotiations and to set up any remaining issues after we make of release our research the talks. In the meantime, Huxley stressed in and said she was frustrated at how long it was taking to

come to a resolution.

"Parents don't know why there isn't a resolution to this and out of the frustration that the boards were feeling they wanted to put information into the public arena that demonstrated that there had been some movement, she said."

Why is absolutely right. When it comes to teachers and unions, it's a contentious issue. Parents have every right to know what the status of the union is and will affect their child. It is not hard to do so and the ETFO knows that. If any one is pulling a media stunt, it's the union.

The ETFO has used its willingness to return to the bargaining table, but as of press time, talks have not yet resumed. It is possible that they do so sooner rather than later, because the majority of the students they claim to be represented in Ontario depends on them doing so.

There may still have a role to play in Canada's education system, but it's not of future news and opinions should not be part of that.

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Think pink

BY BEILA BERGER

Risk: This is the colour that comes to mind when people think about breast cancer. Mammograms. This is the word that is so partially come to mind when they think about being tested.

Mammograms are one of the most commonly known diagnostic tools when it comes to breast cancer because they are the most frequently used. Mammograms, however, are not always the most accurate.

According to Mary Kabanovsky, clinic director of Thermography Clinic in Toronto, the young women have a more difficult time being diagnosed through mammograms because their breasts are more dense while they are young. She said, "When a breast is dense and you do a mammogram, it comes out looking like two clouds."

Mammograms are considered a late diagnostic tool and are better for finding lumps that have already been growing for between eight and 50 years. They are more likely to be successful detecting something right away in women over the age of 50 than in younger women.

"In my case the mammograms missed my lump. Kabanovsky said.

They may also make look-up an even more difficult as they have less chance to compress in order to X-ray. Although breast cancer is more in women than in women, it does occur. According to the Canadian Cancer Society's website, every woman has a 1 in 10 chance that she will be diagnosed with breast cancer by the age of 80.

According to Ontario Cancer Society's website, 1 in 10 women will be diagnosed with breast cancer by the age of 80.

Cancer Foundation's mammograms are being updated from the traditional mammograms to digital mammograms to better test women with denser breasts.

An article written by Dr. Alexander Morosoff, a board certified clinical thermographer and clinic director of Thermography Clinic in Toronto, suggests mammograms are outdated. It is his opinion that the first thermography trial began more than 50 years ago and the last trial was conducted in 1991. The basis for that was found during those trials were from another era of breast cancer treatment. It continued to say the benefits of a mammography shown in old trials will most likely not occur if they were to conduct the same trial today.

This is where thermography steps in. Thermography is not the only step toward diagnosis but it is an excellent first step. If something is abnormal in a thermogram, the patients will need to take a closer look at their lifestyle and have blood work done before possibly going in for an ultrasound and a mammogram. It is fully recognized that "Thermography is very early risk assessment," said Kabanovsky.

Rather than using compression and risk tests to X-ray the breasts as in a mammogram, thermography measures the heat coming off of the skin. It is based on the blood vessel activity surrounding a cancerous mass being higher than that shown in a healthy breast, making the skin surrounding a cancerous mass feel the skin of an unaffected breast.

It is a non-invasive procedure which could provide the knowledge that something is wrong eight to 10 years before something physically appears.

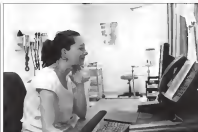


PHOTO BY JENNIFER ALLEN

Lynskey thought it was at the college and students who find themselves pregnant and over whelmed always have support services to them at Health Services.

Pregnant and alone?

College and community have support services

BY CHRISTIE ALLISON

You're in college and pregnant. Don't think about it for the rest of your life.

If you're pregnant and confused, make your way down to Health Services. College is really complicated and stressful as its entirety so go get all the support you need. The first step will be getting a list to confirm that you are really pregnant, and then you'll get an appointment with the doctor before having trouble with close to find out how the story you are told should have someone to talk to about your options.

There are options. They are not all adoption and abortion. College has a pregnancy support service. There's a termination but that's controversial.

The college doesn't directly offer those options they refer students to Grand West Hospital or an abortion clinic.

The issue of financial aid being given a problem, most times but CHSP does cover the costs you might incur in the process and for unconditional students it means depending on the actual situation so you have to find out what applies to you personally.

If you feel more comfortable seeking support outside of the college environment, you can walk through the doors of Planned Parenthood in Mississauga. They understand that young women have a hard time finding someone who won't judge them or pressure them into making decisions.

"We provide pregnancy

options, information and support," said director Lynskey Buehler.

These services are free and confidential so even if you don't have a health card, you'll still be attended to. All the services are private and they also provide emotional support and options.

The options available to you are abortion, adoption and parenting. They'll walk you through whatever decision you make.

Another option is St. Michael's House. They provide prenatal support, community programs and housing for single youth who are pregnant, planning for adoption or parenting.

Planned Parenthood can be reached at 516-7-03000 or St. Michael's House at 516-7-131313.

FAMILY GOES ABOVE AND BEYOND

PHOTO BY ADRIAN BERGER

After a year of fundraising, the Canadian family is in and \$3,500 for the Ontario's World. As a family they can all help as much as any other participants or fans. If you're going to state capital online story.



Research saves lives.

Please give.



HEART & STROKE FOUNDATION

Finding answers. For life.

You don't have to go hungry

BY MATT LEBERMAN

Some students struggle to put food on the table for a variety of reasons. However, there are various resources available at the college that can help combat the hunger. The College's Students first food bank and the Alameda Services food bank.

OS food bank is available for any full-time student upon a month fee located at Room 34119. The Alameda Services food bank is available for unemployed students who attend College and is located at Room 14520.

"Anyone can donate to the food bank by dropping off items at the food bank or at our main office," said Jeff Stinson, president of OS. "We are also affiliated with the Food Bank of Western Oregon and often its donors donate through events and other projects."

The Alameda Services food bank is supported by a partner shop with the College's Food Bank.

Both food banks accept and provide all non-perishable food items such as canned meat, canned vegetables and pasta and have hygiene products available.

Approximately 60 to 70

students per month use OS food bank and the Alameda Services food bank usually receives between five and 10 requests per month according to Myronna Henry of Alameda Services. Students come to access the food cupboards even on the middle end of the month of the month.

While these food banks need to have food and not in order to be successful, said Lee MacDonald, administrator support clerk at Alameda Services. "If there is no food to eat then the students will not be successful in these classes."

OS food bank is a budget item with money not made for eating and for maintaining what needed.

"Many student groups can donate throughout the year that benefit our food bank," said Stinson. Around the holiday season we ask for donations of special items to put together holiday packages.

Alameda Services also holds an annual food drive at their power event where anyone is able to donate food help out.

If you'd like to get involved, call OS's main office at Room 14520 or come campus or Alameda Services at Room 14520.



PHOTO BY MATT LEBERMAN

College has many different resources for students, including two food banks. One is nearby, College's Students first, and the other is Alameda Services. They provide non-perishable food and other items such as hygiene and baby products.

Cancer survivor speaks publicly

ON CANCER SURVIVOR

It's a rainy evening in downtown Medford and Jeff Martin is sitting alone.

The 35-year-old man is standing at the front of a small room inside the Medford Public Library. The room is simple and unadorned. The white walls and grey chairs seem far more respectful than they should be for an event like this. There is a projector on the back that illuminates the wall behind him with the words "More than a word: how things cancer taught me about overcoming my cancer."

After gathering his thoughts, Martin looks up and addresses himself to the small audience in front of him. He has a calm, steady tone and his voice is very young, almost innocent. It feels like a speaking event and more like a conversation with an old friend.

At 10:30 he returns to his hotel to tell the group in front of him he is taking down the seven-page summary of everything he has learned through his cancer journey. Without hesitation, the room filled with many of Martin's friends turns into applause. Not long



PHOTO BY CHRIS HENRY

Jeff Martin shares his story in a small group at the Medford Public Library during his event "Five things cancer taught me about overcoming cancer." On Oct. 15, Martin was diagnosed with leukemia cancer seven years ago and spent weeks in the hospital. The doctors told him he had a 50 percent chance of survival on Oct. 15, 2001.

After his diagnosis he notes and past talks.

Martin was diagnosed with leukemia in 2001 and spent

the next eight months under going chemotherapy and spent time when his leukemia looked like a bone marrow transplant. He

has been some things but unfortunately none of them were a match as his doctors had to turn to the experimental bone marrow transplant. They eventually did find him a match — an anonymous donor in Europe. It was that donation that ended up saving his life.

That these eight months were not easy by any means. During his talk he spoke about how the disease took a toll on his body, physically and mentally.

"I remember breaking down at one point and saying 'I can't do this,'" he said.

While the physical aspect of the disease had on his body was hard enough, Martin said it was the psychological element that was the hardest to handle.

"But I was just thinking about being sick and it was just a constant feeling on my head that I really struggled to keep control over," he said.

During Martin's presentation, the audience was moved and it was clear that he had connected with them on a profound way. George Robinson, a retired teacher, said he was moved by his friendship when he discovered this event and Martin's story resonated with

him. "As I rebounded from the loss of my wife of 35 years, I found adversity and was looking for a path forward," said Robinson, who was one of the first people after the event to buy a signed copy of Martin's book, "More than a word: how things cancer taught me about overcoming my cancer."

Martin has done many talks like this but this was the first time he had done this particular talk. He described the event as a trial run as he could see it out in the hopes of determining to have a conference in the future. He hopes to deliver these talks to younger audiences particularly students.

Martin's life has changed significantly since the bone marrow transplant seven years ago and he always looks back at that day and sees it as an inspiration for the work he does now. "One of my dreams at times at the time Martin said, 'It reminds me of how lucky I am to have gotten through this and still be an unusual number to make the most of the time I've got.'"

For more information visit Martin's blog at www.bridgesfromcancer.com.

Foster an elephant this Christmas

BY KENNEDY GALLAGHER

When people walk in my bedroom, they immediately notice all my elephant figurines and my elephant pillows and the elephant posters hanging on my wall. Friends and family also comment on all the elephant clothing articles I have: a few shirts, elephant-earny barettes and neckties as well. This leads to the question: why are you so obsessed with elephants?

But my question to the reader is: why aren't you?

Last year for Christmas I ended up fostering an elephant named Rina through the David Sheldrick Wildlife Trust (DSWT) in Kenya. My mom immediately started preparing me about making sure it was a reliable and legitimate website I had just found it by accident and eventually knew nothing about it. Once I started reading more about it, and more about Rina and all the other elephants that needed fostering, I was intrigued. I couldn't look away. I couldn't not find one. The instant of getting a request for the Christmas I thought an elephant would suffer.

Rina is around 16 years old now, formerly was a healthy and strong adult, but when he was a young calf, his family was threatened down by a group of poachers. Luckily his mom didn't get away

but his family and his mother were not so lucky. They were found dead, their tusks taken from them and blood sprayed all over the ground. Rina was found alone, very hungry, second skin, malnourished, scared and confused. The DSWT team was able to bring him into their conservation area and make him learn to trust. It took a while for them to gain his trust, because the only other human contact he'd known was scary men chasing him with a big stick that had a pointy end and a barbed wire.

During pictures of him, his wounds are not, every month, over would cut away what he's done since the last time they were out, it's a thrill for me. I love knowing that my money is going toward helping out another living creature — one that had little hope and was having difficulty.

I look forward to fostering my main elephant this Christmas.

I lived in Kenya three months ago and when I look back to see me, Dr. Kate Place put in Church the fact that I was a part of the DSWT and she was surprised. The couldn't stop asking me questions about it because she wanted to start fostering elephants as soon as she got to a computer.

This once again, she said she was started to keep up. The way they photographed and their features are just left there



to sit, with blood everywhere. Elephants and humans are so much alike with the way they look after their young the way they mourn the loss of a fallen loved member and want their presence, it's amazing but it's sad and tragic.

Seeing someone else getting away-eyed over the matter made me feel like I wasn't the only one who was passionate about such an amazing creature. IBS but I wasn't the only one who cared about bringing the story back to a stop.

A couple of weeks ago Prince William spoke to millions of Christmas viewers on TV outlining the importance of protecting the world's animals and nature. This week it was announced that there is now a one-point line on all ivory imports and trade in China. I was glad that they made that decision but at the same time I was feeling with anger. I don't understand why I didn't hear more in a passionate way. Elephants are an endangered

species that are being killed off because of ivory? It's not a matter of needing their tusks at all. It all comes down to pure greed. But then again, what doesn't?

I ended up buying the book *The Last Chance on Earth*. It talks about the elephant who ended up in a zoo, and how he was taken from the wild, rejected, even then, but mother and forced to start performing in a circus like the way traded back and forth a lot between different by some circus and many trainers back on the task of trying to train him and get him to listen to the commands but like wouldn't have any of it. He didn't like being near people or being in new trunks and because of that he was punished with a bullwhip. I want to go into detail but before me when I say it, I read through the whole book. It made me change my own opinions and concerns and the way they take advantage of animals that being in the wild, not for our entertainment. I couldn't believe some of the things that I was reading and the information that was given to the author was literally not just a transcription. It was given to me as a person that it made me angry and I had to take a break from reading it.

It is seems to me that throughout history, there's always and... brought

evolution have never really been given a hand. They're been used for entertainment since the 1800s, they've been slaughtered for their tusks, they've been taken at a young age from their mothers and forced into an environment in which they have never belonged. In the past, where conservation wasn't here but to be made to order to keep them alive and well.

Great nature shows without the constant exposure of the influence of how we live?

As quoted by Daphne Sheldrick, founder of DSWT, elephants can teach humans a great deal about nature.

I encourage people to rethink spending their money on anything that may be made with ivory. I encourage people to foster the orphaned elephants from the DSWT. You can also help help the ever more they are an animal and need protection. I encourage people to try and read *The Last Chance on Earth* and to gain knowledge on how animals can used for entertainment and what they go through.

I know that I may not be changing the world by fostering one elephant, or by writing this article, but when I'm passionate about something I don't stay silent. And I don't stop to call the world's elephant-themed post but I wouldn't have it on any other way.

ENJOYING THE VIEW AT VICTORIA PARK



PHOTO BY SARAH WHELAN

Francisco Cabrera has been enjoying Victoria Park in Vancouver since every day while relaxing to the sun. The park is a nice and scenic area, especially at the time of year.

FARMERS' MARKET COMES TO CAMPUS



PHOTO BY MICHAEL BARNHART

Gail van Loon, a Conestoga-Alberta Inc. board of director, holds a pumpkin at the 2013 Fall Fair Market event that took place on Oct. 10.

As the leaves turn

Things don't just suddenly happen, but also vibrant ever-changing landscapes. Many people are taking at this time of year, taking in the colorful leaves. Pumpkins are also symbols of this season. Below Apple Blossom is ready for all the pumpkin food, drink and games that has to bring the harvest's delicious products to them and around November, so once the end and enough while it lasts.



PHOTO BY JASON BORN



PHOTO BY JASON BORN



PHOTO BY JASON BORN



PHOTO BY JASON BORN



PHOTO BY JASON BORN

Car show concludes Oktoberfest

**Almost 100 classic cars
on display at annual event**

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

His role and political manner are a perfect combination for this: we hope that David may do it brilliantly.

The 1974 annual Oktoberfest Die Show filled the streets of downtown Milwaukee on Oct. 17, one of the final events held during the Beerfest era.

To participate, our members had to register their calls on the morning and had to report on King Street this year are nearly 100 that we saw all different makes and models being displayed right next to the huge and newsmaking crane.

The event was a good crowd with the odd businessman in the mix. Steve Anthony, 66, attended the car show with his 19-year-old daughter, Kris.

Travelled to work along circle in car shops on a hill Arthur road. There was a house

It was Kruze's first race after the second round of New Year's races.

climbing to the top pulley
board that others asked what
the jumpers ran was also
quickly pointed at a long
green Mustang GT and said
that was

John Allington, a proud owner of a 1997 Pontiac Firebird Trans AM, said he has been participating in the car show for three years now. Allington's Pontiac is on display on a raised concrete base.

"I got surprised to see there was someone in there. I was the first to see the body and I said, 'You must, didn't you.' I knew there, almost instant-

If you have a smart set of wheels that you would like to show off, our fall check-out, www.clubhouse.ca, for more information on how to register. Arthur and I enjoyed the fact that - some racing with fellow green monkeys and Black-chest, some stoke.

¹⁰One officer was a patrolman from the 10th Precinct, and the other was a sergeant from the 11th Precinct.



1. *Journal of the American Medical Association*, 2000; 284: 2689-2695.

A USPA FoodTherapist was parked on King Street during the 18th-annual Oktoberfest-Oz! Show on Aug. 12.

RECENTRE CONFIDENT AT A TIME

[illegible]

A considerable number of people are the first visitors of the three-day sale of Cornell's College. The extensive crowd are expected to be the most that will visit the fair.

Province needs to do more about cost of education

Nothing looms over students quite like the impending fear of debt. Right now the annual average cost of a four-year degree in Ontario is \$8,081 according to the Canadian Center of Higher Education (CCEHE). That makes Ontario the most expensive place to go to college or university in Canada, to get a post-secondary education. The current top in Saskatchewan follows, with costs at \$7,460.

Turning to a small of dollars public investment in currency operating facilities, the Fed notes the board does not expect the cost to increase, and Mike Shaker, CFP, estimates declines in a range of 10 to 20%.

Since 1993 the price for post-secondary has tripled. The Canadian average there was \$3,300 and has now risen to \$9,900. The trend upwards is something we can continue to expect and provinces began to do more to help mitigate the rising costs. Until then students will keep having to foot the bill.

tation and emergency free from the schools and doesn't include the power of rent. In the City of Rochester, according to Hanson, a welfare that takes the value for goods, services, specific repairs and averages them out, is one hundred apartment, outside the city center will run you \$750 per month. That still need groceries insurance, heat and a telephone with a date plan. These numbers really add up, don't they?

[illegible]

deficit cannot affect your future production when you think you will have no problems getting a job. **CHAMP** is currently a help. But students should also look into their own and scholarship money. There are scholarship shops around the area says that there are 60,000 awards available that are worth a total of \$175 million but many of them each year are not taken advantage of.

A rising cost-of-education move something new into secondary, many other countries have tried and dealt with, some more successfully than others. Finland, Norway and Sweden have a free post-secondary education system, at the cost however of higher taxes. Other countries set free universities, like the United States where the cost of education has been rising higher and has become largely unaffordable for many of the students.

"I could expect their ability to go to school, and Middle District a first year graduate broadcast student at Gonzaga College. "I could expect their ability

There is no Use of

[illegible]

Clubs offer fun and friendship

BY PAUL ROEDIGER

"I wouldn't belong to any club that would have me as a member," said Christine Horton in jest. But it kept the question, "Who would want you in their club?" At Conestoga College there is a vast array waiting for your name to join.

There are 50 clubs and more than waiting out for them here and a sampling of them are up shop in the hall way outside Tom Horton and at the stream at Deon campus Oct. 18. The information boards were up pamphlets were laid and more questions were being displayed in hopes of attracting members.

"A lot of clubs transition year after year but we have so many new and interesting ones this year so it's exciting," said Justine Wall, the development coordinator for Conestoga Students Inc. who managed the event.

The Conestoga Student Association is one of those newly formed clubs. The club was set up on the stream and had a pile of students in every nook of the ramshouse out to invite people. Michelle Winkler, a business administration student, in the parkade and said at 11 a.m. there were a support group for older students at Conestoga.

She turned to some students written on her inform-a-thon board and said, "We are looking for students over the age of 22 adding the age would be higher if seniority students were evaluated from those members."

While a senior student at Conestoga College is technically defined as over age 18 and without a CSED. To be a senior student means you just need help. You're from out of school long enough for it to be a problem and Horton.

Standing beside her help my eye was Robin Morrison, a junior in general arts and science student. He has been 22 years since he passed the back of a school, he said and has never had the past January was quite a shock.

"I had my paper my pen, and my textbooks and I had it done well but then there was this all on computers. There was a learning curve and the use of computers in our course means students need help with including using e-mail. In other classes are paying huge and school life and doing the same old getting assignments in on time."

This club he used to recruit as a support system for older students to get together and discuss each others' challenges and simply just for the social aspect.



FROM LEFT: JUSTINE WALL

and Justin Wall, who is a development coordinator for Conestoga Students Inc. who managed the event. The board has several small photos and text pinned to it.

"I just woke up one day and realized, 'I'm going to be 30 and I've never dated. What I wanted to do when I was 20 and I'm not going to have that and I'm 40 and nothing has changed.'"

Both Mike and Justin laughed recalling the times they have been students. The faculty "On the way with the professor and Justin was making comments for someone else. Justin is still young on his 20, but of the stress of being a little older is treated differently she said. Age did become a matter some members have an opinion. They came from another time creating a gap between younger students but at the same time they were with them a host of experience to share.

The club is still setting up a schedule for weekly meetings. Justin Wall, a second-year health office administration student, was talking out for anyone outside Tom Horton. The club started as a support group and is running to go.

All that is required is "you have some empty ability and you're not completely 'done' and Wall adding there is an addition but also get to being the gang and and again, just having fun. The club has over a dozen members so far but they need more especially male members to round out the club.

"We had one girl who was the first of 30 members and just dropped in the first club."

and of a student. She was that girl.

The first thing the club is working on is Under the direction of the Little Known Club. Wall also plans on working on some camp from Rock Beach. "A huge, a couple more and we will be playing an inter-school competition and a Christmas concert."

The club meets Tuesdays and Thursdays 5 p.m. and 8 p.m. respectively. Wall said there is a cut-off date of Oct. 31 for students this semester. Not to open a more stable behind club the Conestoga College.

According to Wall, the club is a membership of 50 - is a small for anyone studying accounting at the school according to Wall. The club both has put on a pre-club and the students meeting the club had everything that had an perfect order. Justin said they had everything they had needed and advised they had to be a student member. The Conestoga Professional Association of Conestoga was mentioned as a sponsor in November - a chance to sample with students and employees and to learn.

Wall said getting a club is a great way to get involved. He mentioned the opportunity for networking but also just to have friends outside of regular class and have fun. "Some students will go on your own initiative and we will also see."

Anyone wanting to start a club will need to apply on CSED website for Wall's

approval. A maximum of seven members is required with one must be a student. They are provided with 1000 along with a 1000 credit for processing.

Wall said they will also help build a classroom for meetings.

All of the clubs will be listed on CSED website with their contact information.

Conestoga College Clubs List

Conestoga College has many clubs for you to choose from:

- Conestoga Power & Ring
- Conestoga Fishing Club
- Conestoga's Writers
- Conestoga's Creative Group
- Conestoga College's Accounting Association
- Conestoga's Latin Dance
- Conestoga's Art Club
- Conestoga's Graphic Arts
- Conestoga's Science Club
- Conestoga's Computer Club
- C.A.F.E. Issues
- Power to Choice
- Conestoga Cycling Club
- Conestoga's Math
- Conestoga's Chess Club
- Laughing Voice
- Music Club
- Conestoga's Creative Writing Team
- Music
- Conestoga's Student Association
- Conestoga's Music Student Association
- International Students Club
- Young Leaders of Conestoga College
- Music Student Association
- Conestoga's Robotics Club
- Conestoga's Science Club
- Conestoga's Science Club
- Music Club
- Music Club
- Conestoga's Music Club
- Conestoga's Music Club
- The Professional Association of Conestoga
- Conestoga's Students Association

Haunted house raises money for cancer

BY KAREN HENRI

Three siblings turned their home into a haunted house to raise money for cancer research. Ms. Deffen and Leah Tappan have been showing off their own haunted house for the past five years. It all started when their three-year-old brother was diagnosed with cancer. He overcame the battle but that didn't stop these siblings from continuing their support.

The haunted house ran from Oct. 18 to 19.

The first Spooky Tours started in 2003 when their garage was converted into a small haunted house for the children in their neighborhood to attend. They raised \$5.

Last year they expanded their tour into the garage and the basement. Renee Winkler, Kijana Williams attended as well as Olivia Hanks attended. They raised \$200.

This year their uncle, the Tappan, transformed their floors of their house into a big scary haunted house for children and Halloween lovers to enjoy. The theme was "House of Horror" which resulted in costume, dance, and more.

Jayne Henshaw, the mother of the three children, said she couldn't be more proud of what they have accomplished.

"Their passion to help is incredible," she said. "My children have been involved in cancer from birth, so one of these

family as well as friends to the occasion to see them take action for something they feel so strongly about."

The idea of Spooky Tours as a fundraiser was created when the Tappans would hear about how much money they had to raise.

"My children wanted to do more to help put an end to cancer by helping to fund research and treatment."

This year they gathered 55 volunteers to help make the haunted house the best yet. They also had the support of Water Valley Spooky Halloween and House of Horror, who have previously donated paper, costumes and craft supplies.

Donor prizes totaling 100 were donated by local business as such as Harborside, Canadian Tire and National Sports.

"We have put in more 1,000 hours of work the three kids."

There were three levels to the haunted house. Level 1 was for children and level 2 was for those who were brave enough to enter.

Children paid \$10 and the level 2 paid a \$20 fee. The evening "I hope people enjoy what we have all created."

Henshaw said her children make a lot of people they want to attend and do every thing they can to ensure these people to come.

This year they worked the gate and provided a map to attend and Henshaw's asking



PHOTO BY JESSICA

Friends and family dress up in spooky costumes to scare those who dared to enter their haunted house's entrance "House of Horror" in the house.

On two suspended above up.

Over 100 guests were conspicuous enough to go through Spooky Tours including Winkler, Meyer, Don, Jennifer, Winkler, and children Henshaw, Chappie, and

Don Freeman and Canadian.

Cancer representative Sarah Henshaw. "It is so comforting to see children raise so much about money for cancer," said Henshaw. Although they didn't reach

their goal of \$1,000 they raised

\$200 for cancer research. "I am so proud of my children for finding their passion and putting their heart and soul into this project to help fight cancer," said Henshaw.



PHOTO BY JESSICA

Kel Tappan, one of the children, dressed up as a skeleton and led guests through the haunted house.



PHOTO BY JESSICA

Kel Tappan, one of the children, dressed up as a skeleton and led guests through the haunted house.

Humane society needs volunteers

AN AYLAH SCHWARTZ

When it comes to animal welfare, the humane society suffers not with help. Good volunteers and funds to make a difference.

Students at Cambridge College shared what they can do to help make a difference in a shelter where the volunteers are hard at work.

"I would definitely play with every single animal at least. I would try to read 'Where Moons' a second year junior, sophomore and senior poster student."

Alex Brown, a sophomore psychology transfer student, said "I wanted to volunteer as a volunteer before so I know the experience of getting involved. It's a day pass, so if I see a dog I'm there to walk it or play with it."

Helping out at a humane society doesn't end a time, enough giving your heart along with a little bit of your time.

"Volunteers are extremely important to the Clough Humane Society and I see that the society director at the Clough Humane Society." He currently has over 100 volunteers who read with each dog walking, socializing, providing extra house, assisting at events such as adoption pro-

grams or sometimes volunteer to make just a few.

With a lot of animals in the community, it is impossible to save them all. However, one act of kindness can help reduce the number of homeless pets.

"The most effective way that we can prevent pet abandonment is to ensure that those who are interested in bringing a pet into their home are well informed on responsible pet ownership. That and 'Many' times the decision to bring a pet into the home is made impulsively and there is a failure to plan for the long-term commitment associated with having a pet owner."

Rachel Karsch, a first year business administration and biology student and "Helping out humane societies can make anyone feel good. I've made a lot of donations as well as my family and friends. It's worth putting in the time to help someone in need."

She added "If I had to help out at a shelter for the day you would definitely see me making sure that animals were given the attention that they need as well as making sure they had lots of food and water."

The Clough Humane Society provides

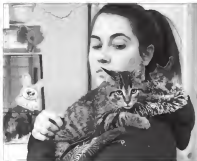


PHOTO BY LUCAS LAMBERT

Clough Humane Society is an animal shelter at the Clough Humane Society. The Clough Humane Society is trying to rescue from the streets on Oct. 10.

various services including adoption, animal protection, and a variety of help. They also have job opportunities posted on their web

site and you can also call 508-743-0815 or visit them at info@cloughhumane.com. Anyone interested in making a difference in the life of

an animal can either visit the Clough Humane Society or Cambridge Humane Society or go online to access more information.



Day you're here, day you're here.

Children's Hospital and the Clough Humane Society are only one of the many ways you can help. The Clough Humane Society is a non-profit organization that provides a variety of services to the community. The Clough Humane Society is a non-profit organization that provides a variety of services to the community.

By the way, the Clough Humane Society is a non-profit organization that provides a variety of services to the community.



FREE FOOD FRIDAYS FEED THE HUNGRY



PHOTO BY MICHAEL SCHWARTZ

Cambridge Student Inc. staff helped out this past Friday for CSF's Free Food Friday event that happens every other week. Students were there to help the hungry in the food bank before the food was scheduled to be left in CSF's dumpster for the day.

CONESTOGA STUDENTS PREPARE FOR COLDER WEATHER



Photo by KENNETH LACROIX

Students are starting to bundle up as the temperatures dip. This week will be colder than most of last week, however, around the freezing mark.

EXCITING NEW DESIGN FEATURES



Photo by KENNETH LACROIX

Maile Hadden, co-president of the visual merchandising program at Conestoga, has been involved in the creation of a look store she's depicted in using her visual merchandising students. Clothes from where it features from Hadden and people from other retail stores have been purchased or donated. For video, visit www.conestoga.com.

CONSELLOR'S CORNER: First Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can drive the line from being a positive energy to becoming a distracting dread. Often such anxiety has a strong worry component. (So say it those thoughts sound familiar?)

Worry about performance:

- I should have studied more.
- I am, I remember a thing that always happens to me.
- My mind goes blank. I can not use me for this.
- I have to get up "it".
- I'm going to miss up and look stupid.

Worry about where you are doing:

- Everyone seems to know that stuff better.
- No one else looks like such a workaholic as I am?
- Everyone is flunking but me...I must be dumb.

Worry about negative consequences of:

- What if I fail, I'll fail the course, the program, I'll never make anything of myself?
- I'll never get the job I want.
- I'll never be able to handle college studies.
- I'll have to do everything else in the course—how can I do that?

Worry about body reactions:

- I feel weird—I'll never get through this.
- I'm sweating all over.
- Heart is racing again. My hands are shaking, my head aches.
- Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.



Any of the above worries increase anxiety and actually separate most worry and give you the most of being a student. However, to reach to anxiety left is not as control, it is as less something that can you learn to overcome. The most anxiety-relieving strategies you can use which will help to reduce can include a thought process, reduce the physiological/anxiety response, and develop more positive behaviors to avoid falling into the anxiety cycle.

What can you do? There are many things that you can do to overcome your tests without anxiety. Here are a few to consider to consider:

- Meet in appointments with a Counsellor or Counselling Services to learn more about anxiety services and techniques.
- Talking about a Test Anxiety or the Performance Anxiety to a Behaviour group to help with the physiological symptoms on Learning Services.
- Read *Unleash the Power of Your Mind* by Dr. David Rock.

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Condors storm back in women's rugby

BY GABRIEL BERNHART

As the Concordia Condors women's rugby team warmed up for their game against Brandon College on Oct. 14, they noticed some things wrong. Brandon hadn't shown up yet.

The Bruins had gotten lost on the way to Dall Brook Field in Cambridge. They arrived just after the 5 p.m. start time. After being given time to warm up, the game got underway after only a slight delay.

However, that delay seemed to have a bigger effect on Concordia. The Condors came out playing sloppy and Brandon quickly took control. "The Bruins scored five times two minutes into the game and led 15-0 at half time. On a cold, damp and rainy day it would have been easy to roll over and give up, but the Condors have shown incredible spirit, focus, and weren't about to

go down without a fight.

"I don't know what changed, we had a couple of fresh legs go in, we had a bit of a chat about being gamestate about what they were doing, how much movement, what James Hurley. The girls scored second and started playing rugby."

Concordia came out in the second half looking like a different team, dominating possession, making solid tackles and breaking long runs with both their forwards and back field.

As the sun went down the Condors offense woke up. Forward Walecia Kowarski scored two tries, so did back Marissa White. Brooke Jurgens added a convert for the Condors.

And when the final whistle blew the Condors were now cross scoring 23-13.

The win moves the Condors to 4-1 on the season and into first place in the west division.

With only one game remaining in their regular season, a matchup against western Manitoba. The Condors are looking for positive momentum down the stretch. The team is no stranger to playing Jorgel and Hyde carry, losing their only game of the season 59-0 to Brandon and then beating that same team 20-0 just two weeks later.

"First game we need to work on keeping that confidence and aggression for the entire game," said Hurley.

The Condors have their next set on the Ontario Collegiate Athletic Association championship game on Nov. 14. The Condors reached the gold medal game back in 2011, but lost to Brandon and settled for silver. This year the sky is the limit.

"This team can go as far as they choose to go. This team has so much potential, and as much aggression and ability if they use it, they can go all the way," Hurley said.



PHOTO BY GABRIEL BERNHART

Concordia's women's rugby team will be looking to enter a hard-fought 23-13 win against Brandon.



Marissa White (left, 11) searches the ball after a scrum during Concordia's win at Dall Brook Field in Cambridge.



Jurgens pushes through a Brandon defender during the second half of women's rugby match on Oct. 14.

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